

Tangy Jicama Slaw

Makes: 6 Servings

Ingredients

- 2 cups** jicama, peeled and chopped
- 1 can** mandarin oranges, canned in light syrup (11 ounces)
- 1 1/2 tablespoons** lime juice (juice of one lime)
- salt (to taste, optional)
- cilantro (optional)

Directions

1. Cut the jicama in half so you have a flat side for stability.
2. Peel the jicama using a small sharp knife.
3. Cut the jicama in small strips or grate it using a large hand grater.
4. Stir all the ingredients together in a bowl and enjoy.

Source: Iowa Department of Public Health. Iowa Nutrition Network

Nutrition Information

Nutrients	Amount
Calories	49
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	2 g
Protein	1 g
Vitamin D	0 IU
Calcium	9 mg
Iron	0 mg
Potassium	108 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup
 Vegetables	1/4 cup

MyPlate Food Groups